

# Tulare County Employee Wellness Program

## BONES, JOINTS & ARTHRITIS



### MARCH 2015 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Last Day to Sign-Up “Be Active” Challenge</b> <a href="http://www.SJVIASwellnessWorks.com">www.SJVIASwellnessWorks.com</a>	3	4 <b>Mammograms</b> Tulare Ag Center 8:00 AM—4:00 PM	5 <b>Mammograms</b> Porterville Gov’t Plaza 8:00 AM—4:00 PM	6	7
8	9	10	11 <b>Biometric Screening</b> Porterville Gov’t Plaza 7:30 AM—12:00 PM	12	13	14
15 <b>“Be Active” Challenge ENDS</b>	16	17 <b>Online Seminar</b> <i>“Practical Strategies to Stay Safe”</i> AnthemEAP 9 AM & 11 AM <a href="#">See Page 2 for Registration Information</a>	18	19	20	21
22	23	24 <b>Health Topic—Arthritis:</b>	25 <b>See Page 2 for information and videos</b>	26	27	28
29	30	31	<b>Weight Watchers Meetings:</b> Wednesdays—Visalia District Office— 12:00-1:00 PM Wednesdays—Human Resources & Development— 5:30-6:30 PM Thursdays—Visalia Government Plaza— 12:00-1:00 PM			

## SJVIA WELLNESS WORKS PROGRAM

- ◇ If you are enrolled in the SJVIA Health Plans, you are eligible to participate in the Wellness Works program. Begin the program by completing your MHA and Biometric Screening by 4/30/2015 and earn a \$50 incentive. Then, reach 200 points by 12/31/2015 to earn an additional \$50 incentive.
- ◇ It's not too late to participate in the **"Be Active" Challenge**. Last day to sign-up is **3/2/2015**, challenge ends on **3/15/2015**.

Sign-Up at: [www.SJVIAWellnessWorks.com](http://www.SJVIAWellnessWorks.com)



## ONLINE SEMINAR: "PRACTICAL STRATEGIES TO STAY SAFE"

Learn strategies to keep you and your family safe in case of natural disasters, terrorist attacks, or other emergencies. Early registration is recommended. Space availability is on a first come, first serve basis.

To register for the online seminar, follow the steps below:

Step 1: Select [AnthemEAP Login](#)

Step 2: Enter **"County of Tulare"**

Step 4: Select the Online Seminar **"03/17/15—Practical Strategies to Stay Safe"**

Step 5: Select **"Register for the first session"** @ 9:00 AM or  
Select **"Register for the second session"** @ 11:00 AM

Anthem® EAP

## HEALTH TOPIC: ARTHRITIS

Arthritis is a term used to refer to any inflammation in the joints. A joint is the place where two bones meet, such as the hip, shoulder, knee, or wrist. There are more than 100 types of arthritis. The most common type of arthritis is called osteoarthritis, which often affects people over 65 and increases with age. The most common symptom of osteoarthritis is pain in one or more joints, often with stiffness, swelling, and joint enlargement or distortion in the later stages. This form of arthritis usually results from normal wear and tear on the joint over time as a person ages. Other types of arthritis include rheumatoid arthritis and gout. Since there are so many types of arthritis and possible causes, an accurate diagnosis by a doctor is important for proper treatment.

Source: WebMD. Last Reviewed: April 2014

Select the links below to watch a series of videos on Arthritis:

[WebMD Arthritis and Joint Pain Center](#)

[Arthritis at Any Age](#)

[WebMD Yoga Poses for Rheumatoid-Arthritis](#)

[WebMD RA Exercises](#)

[WebMD Best RA Exercises](#)

## BIOMETRIC SCREENINGS

Attend the last Onsite Biometric Screening Event for 2015:

**March 11**

Porterville Gov't Plaza  
Orange/Tangerine Room  
1055 W Henderson, Porterville

Physician or LabCorp Facility:

Deadline April 30

If you were unable to attend a Biometric Screening event, you may still participate by visiting your physician or visiting a LabCorp facility. The deadline is **April 30**. Contact the Viverae Health Center to receive the applicable forms.

To schedule an appointment, register online at:

[www.SJVIAWellnessWorks.com](http://www.SJVIAWellnessWorks.com) or

Call Viverae Health Center at 1-888-VIVERAE (848-3723)

## ONSITE MAMMOGRAPHY SCREENING

Two Days Left, Sign-Up Today!

**March 4**

Tulare Ag Center  
4437 S. Laspina Street, Tulare  
Auditorium

**March 5**

Porterville Gov't Plaza  
1055 W Henderson, Porterville  
Orange/Tangerine Room

To Schedule an appointment:

Call Kelli Barker, HRD-Benefits at 636-4932 or send email to [kbarker@co.tulare.ca.us/](mailto:kbarker@co.tulare.ca.us/)